

**YANGON UNIVERSITY OF ECONOMICS
MASTER OF PUBLIC ADMINISTRATION PROGRAMME**

**A STUDY ON FOOD SECURITY STATUS OF INTERNALLY
DISPLACED PERSONS IN MYITKYINA TOWNSHIP**

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EMPA 54 (16th BATCH)**

AUGUST, 2019

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**A STUDY ON FOOD SECURITY STATUS OF INTERNALLY
DISPLACED PERSONS IN MYITKYINA TOWNSHIP**

A thesis submitted as a partial fulfillment towards the requirement of the degree of
Master of Public Administration (MPA)

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YANGON UNIVERSITY OF ECONOMICS
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ABSTRACT

Internally displaced persons (IDPs) are some of the most neglected vulnerable populations in the world. During displacement, food becomes one of the major requirements and most IDPs rely on food assistance for their family because they are unable to access their land. This study focus on the food security status and the coping mechanism of IDPs living in six IDP camps in Myitkyina, Kachin State. This study used both descriptive and quantitative methods to examine the data. The survey covered IDP's job opportunities and incomes, expenditure patterns, food security status, voluntarily return, as well as other social and economic aspects of the households. Many households' expenditures exceed than their regular incomes, and the most common coping strategies used by households were to rely on less preferred and less expensive food, to reduce the size of meals eaten in a day, and to borrow food or rely on help from relatives and friends. Due to the lack of comprehensive political dialogue, the right to return for IDPs is a viable durable solution for the displaced persons in Kachin State.

ACKNOWLEDGEMENTS

First and foremost, I would like to express my deepest gratitude to Professor Dr. Tin Win, Rector, Yangon University of Economics for his kind permission for this study. I would like to express my sincere thanks to Professor Dr. Ni Lar Myint Htoo, Pro-Rector, Yangon University of Economics for her kind permission for this study.

I would like to express my special thanks to Professor Dr. Phyu Phyu Ei, Head of Department of Applied Economics and Programme Director of MPA Programme for her valuable time, guidance and encouragement. I also would like to express my heartfelt gratitude to Associate Professor Daw Khin Chaw Myint (Retired), of Yangon University of Economics, for her teaching and sharing valuable experiences.

I would like to express my supervisor my sincere gratitude to my supervisor Daw Yin Lei Win Swe, Assistant Lecturer, Department of Applied Economics, Yangon University of Economics, for providing valuable guidance, encouragement and supervise me to achieve my goal. I would like to express my gratitude to all Professors, Associate Professors, and Lecturers for kindness, helpfulness, guidance, and supervision throughout my years of study.

I would like to acknowledge and thank camp leaders from each camp for their time, kindness, willingness to participate in the interview, sharing camps information and permission to interview the IDPs.

Finally, I would like express my very profound gratitude to family for providing me with support and continuous encouragement throughout my years of study and through the process of researching and writing this thesis. This accomplishment would not have been possible without them.

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LIST OF ABBREVIATIONS

BMI	-	Body Mass Index
FAO	-	Food and Agriculture Organization of the United Nations
FNS	-	Food and nutrition security
GAD	-	General Administration Department
HFI	-	Household Food Insecurity
ICRC	-	International Committee of the Red Cross
IDMC	-	Independent Data Monitoring Committee
IDPs	-	Internally Displaced Persons
IGAD	-	Intergovernmental Authority on Development
KBC	-	Kachin Baptist Convention
KMSS	-	Karuna Mission Social Solidarity
MDGs	-	Millennium Development Goal
SDGs	-	Sustainable Development Goals
UNHCR	-	United Nations High Commissioner for Refugees
UNICEF	-	United Nations International Children's Emergency Fund
UNDP	-	United Nations Development Programme
UNOCHA	-	United Nations Office for the Coordination of Humanitarian Affairs
VAM	-	Vulnerability Analysis and Mapping
WFP	-	World Food Program
WFS	-	World Food Summit
WHO	-	World Health Organization

CHAPTER I

INTRODUCTION

1.1 Rationale of the Study

In human life there are some fundamental needs including food, shelter, clothing etc. Among them food is one of the most essential basic needs for human being and people struggle to sustain food security for themselves and families. Food exists in absolute terms to feed the whole population, once cannot assume that it is distributed equally. Access to food at the household level must be assessed, out of the 805 million hungry people in the world, 98% live in developing countries. The difficulty of food security has been faced and given as the first priority in accomplishing the most essential human right in developing countries. So tremendous efforts in fighting hunger have been made and there has been major progress.

Accordingly, the United Nations and its member states have set out the Millennium Development Goal (MDG) No.1 as “to eradicate extreme poverty and hunger” and its Target 2 as “to halve, between 1990 and 2015, the proportion of people who suffer from hunger” (FAO, 1996). Following the MDGs, the international community adopted a new global development framework from 2016 to 2030 which known as Sustainable Development Goals (SDGs), has also been taken into account the essential of food security in second number goal as “End hunger, achieve food security and improved nutrition, and promote sustainable agriculture” (FAO, 1996).

The FAO identified as over 37 developing countries are in serious food needs in May 2009. It is undeniable fact that all countries have to respond to support food security, in line with the definition of FAO,

“Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life” (FAO, 1996). In this association Food security has four dimensions, 1) availability and 2) stability of safe and nutritionally adequate food at the household and national level, 3) its need to ensure that each household has physical, social and economic access to sufficient food on sustainable

basis, and 4) efficient consumption of food to drive adequate nutrition during a given period from its food supply (FAO, 1996).

Drought and civil conflict are the most factors that have exacerbated the difficult of food access, production and distribution. The high rates of population growth and poverty have also played a portion, among an already challenging environment of fragile ecosystems. The fact that nearly 80% percent of the population of the countries of the region is rural, and depends almost exclusively on agriculture for its consumption and income needs, means that measures to state the difficulties of poverty and food insecurity must mostly be found within the agricultural sector. The linking between poverty and food insecurity is also significant. Food production is important because, for the majority of the poor, agriculture is the important source of livelihood and some seventy six percent of the Intergovernmental Authority on Development (IGAD) population is categorised as agricultural. However, it is only while poverty be able to be reduced or alleviated that the level of food insecurity is reduced. As a result, the long-term solution to food insecurity is beyond the additional food production and contains the essential to address rural livelihoods in common. Social safety nets of various types are also the portion of the solution to absolute food insecurity and poverty, not only in exceptional conditions such as natural disasters (eg. Drought, Flood), but also over the long periods required to reach at socially comprehensive sustainable solutions. (FAO, 2000)

Myanmar is the second largest country in Southeast Asia and is one of the least developed economies in the world. Protectionist policies, natural disasters, ethnic violence and conflicts and millions of people are living under the poverty line threatens food security in the country. According to the MDG Data Report of the Integrated Household Living Conditions Survey in Myanmar (UNDP, 2011), the proportion of the population living under the minimum level of dietary energy requirements has declined as measured by a proxy measure known as food poverty incidence. Overall, there was an important reduction in food poverty incidence from 10 % to 5% from 2005 to 2010. In terms of rural-urban differentials, food poverty was found the higher poverty rate in rural areas. When disaggregated by states, Chin has the highest food poverty incidence at 25% followed by Rakhine (10%), Tanintharyi (9.6%) and Shan (9%). Global Hunger Index, a multi-dimensional statistical tool to describe country's hunger situation was estimated at 18.8 in 2010. This implies that Myanmar

has a serious hunger situation, which contributed to undernutrition among young children. (Wilson & Wai, 2013)

The breakdown of a 17-year ceasefire in Kachin State, Myanmar, in June 2011 led to the displacement of well over 100,000 civilians and also the collapse of trust between large sections of the civilian community and also the Myanmar government and military. There are about one hundred IDP camps in the government areas and non-government areas, according to the Kachin State Security and Border Affairs Minister. Several peoples have been displaced multiple times, including in recent months. Approaching eight years of displacement, and despite ongoing and often increasing basic needs, internally displaced persons in northern Myanmar is facing declining aid and protection services. This study mainly focuses on food security concern on internally displaced peoples who are staying the IDP camps in Myitkyina Township. (WFP, 2014)

1.2 Objective of the Study

The objectives of the studies are; a) to assess the current food security status of Internally Displaced Persons in Myitkyina IDP camps and b) to identify the coping mechanism of Internally Displaced Persons who have prolonged internal displacement.

1.3 Method of Study

This study used descriptive methods on the collection and analysis of both primary and secondary data. Primary data has been collected from the target IDPs from Myitkyina, Kachin State, by using questionnaire survey method and focus groups discussions (FDGs) with camp leaders. A total of 292 respondents was selected as samples from 6 camps from Myitkyina Township, Kachin State. The targeted interviewees for the household questionnaire contains in the sample, were respondents who had shown their willingness to take part in the study after a brief explanation of the study by the researchers.

1.4 Scope and Limitations of the Study

The necessary data has been collected mainly from women and survey was conducted in 6 camps. This is primarily due to the fact that there are mostly women in the camp and many men had taken up labour outside the camp, even out of town, some for longer periods.

1.5 Organization of the Study

This study is organized into five chapters. Chapter (I) includes the rationale of the study, the objective of the study, the method of study, scope and limitations of the study and organization of the study. Chapter (II) describes the definition of food security, the importance of food security, food security at the national and household levels, causes and consequences of food insecurity, coping strategy and food insecurity and civil conflict. Chapter (III) highlights the overview of IDPs and food security in Myanmar, Kachin State profile, agriculture sector and economic situation of Kachin State, the internal displacement and food/cash assistance. Chapter (IV) indicates the survey profile, survey design and survey result of food security status of internally displaced persons in Myitkyina Township, Kachin State. And Chapter (V) provides the findings and recommendations on the study.

CHAPTER II

LITERATURE REVIEW

2.1 Concept of Food Security

Defining food security exactly is very difficult. There are more than two hundred definitions and 450 indicators of food security. The most universally accepted definition for food security that was approved by the 1996 World Food Summit (WFS) and remains one of the significant achievement of the meeting. (Gentilini, 2002), (Smith, Pointing and Maxwell, 1993) “Food security exists when all people, at all times, have physical, (social) and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life”(FAO, 1996). The term “Social” was added to the 1996 definition in 2002. Rendering this definition, food security: “exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life” (FAO 2006). But World Food Program offers a simple definition: “A condition that exists when all people, at all times, and is free from hunger”(WFP, 2009).

2.1.1 Food Security: A Concept in Evolution

While the phrase "Food Security" is using broadly, the definition and concept of food security is elusive and being progressed and extended over time. The preliminary focus, reflecting the global concerns of 1974, was on the volume and stability of food supplies. Food security has been defined in the 1974 World Food Summit as: “availability at all times of sufficient world food supplies of basic food-stuffs for sustaining a steady growth of food consumption and to balance fluctuations between production and prices”(FAO, 1996).

In 1983, FAO expanded its concept to contain securing access by vulnerable people to available supplies, indicating that attention should be balanced between the supply and demand sides of the food security equation: “ensuring that all people at all times have both economic access and physical to the basic food that they need” (FAO, 1983).

In 1986, the extremely powerful World Bank report “Poverty and Hunger” focused on the temporal dynamics of food insecurity. It presented the extensively accepted differences between chronic food insecurity, related to issues of constant or organisational of poverty and low incomes, and transitory food insecurity, which included periods of increased pressures caused by natural disasters, economic failures or conflicts and wars. This concept of food security is further developed in terms of: “access of all people at all times to enough food for an active, healthy life”(FAO, 2012).

By the mid-1990, food security was recognised as a major concern, spanning a spectrum from the individual to the global level. However, access currently involved adequate food, representing continuing concern with protein-energy malnutrition. However, the definition has been expanded to include nutritional balance and food safety, considering concerns about food composition and minor nutrient requirements for an active and healthy life. Food preferences locally determined or socially, currently became a consideration. The possibly higher degree of context specificity indicates that the concept had both lost its simplicity and wasn't itself a goal, however an intermediating set of actions that play apart into an active and healthy life. (FAO, 2012)

The 1994 UNDP Human Development Report endorsed the construct of human security, together with a number of component aspects; of that, food security was only one component. This concept is mostly associated with the human rights perspective on improvement that has, in turn, subjective discussions about food security. (The broader examination into the role of public action into fighting deprivation and hunger, found no single place for food security as an organizing framework for action. Instead, it focused on a broader concept of social security that has several distinct components including, of course, health and nutrition). (FAO, 2012)

The 1996 World Food Summit espoused a still more complex definition: “Food security, at the individual, household, national, regional and global levels is achieved when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life”(FAO, 2012). This definition is again refined in the state of Food Insecurity 2001: “Food security is a situation that exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life”(FAO, 2012).

The new focuses on food consumption, the demand side and the concerns of access by vulnerable people to food, is mostly recognized with the seminal study by

Amartya Sen. Eschewing the usage of the concept of food security, he emphasizes on the privileges of individuals and households. The international community has acknowledged these increasingly broad statements of common goals and implied responsibilities. However, its practical response has been to focus on narrower, less complicated objectives around that to organize national and international public action. The declaration of the primary objective among the policy of international development discourse is gradually increased the reduction and exclusion of poverty. The 1996 WFS illustrated the direction of food security policy by creating the primary objective of international action on food security sharing of the number of undernourished or hungry people by 2015 (FAO, 2016).

Fundamentally, food security can be described as a phenomenon relating to individuals. It is the nutritional positions of the individual household member that is the eventual focus, and the risk of that adequate status not being achieved or becoming undermined. The final risk describes the vulnerability of individuals in this context. As the definitions studied above imply, vulnerability may occur both as a chronic and transitory phenomenon. (FAO, 2016)

2.1.2 Four Dimensions of Food Security

Food Security contains four characteristics entitled the Four Dimensions of Food Security. These four dimensions are easy to abstract from the World Food Summit (WFS) definition and are, together, equally useful as a tool for food security analysis important of food security. (FAO, 2012)

a) Food Availability

This dimension focuses on supply side of food security and expects adequate quantities of quality food from domestic agriculture production or import. This is a simple mathematical calculation whether the food available in a particular territory or country is adequate to feed the total population in that certain territory and calculated from the level of local agriculture production at that region, stock levels, and net import and export. (FAO, 2012)

This dimension of food security at different stages can be measured by rainfall record, market survey on food, food balance sheet, and agricultural production planet. Likewise, the indicators for this dimension at different levels are fertility rate, food

production, population flows, harvesting time, staple food production, food storage, consumption of wild foods etc. (FAO, 2012)

b) Food access

Having enough food at national level or at certain, territory cannot be taken as the proof that all the household or individuals in the country/territory have sufficient food to eat. Food access is another aspect of food security that encompasses income, expenditure and purchasing capacity of individuals or households. Food access indicates whether there have sufficient resources to obtain suitable quantity of quality foods in the households or individuals. (FAO, 2012)

At some of the indicators of this aspect at different levels are price of food, per capita food consumption, employment rate, meal frequency and wage rate etc. and the dimension can measure by Vulnerability Analysis and mapping (VAM), food focus group discussion, food access survey, Intra- household food frequency questionnaire etc. Interventions to expand this dimension of food security include the creating of on-farm, off-farm and non-farm employment creation, school-feeding programme and breast-feeding campaign etc. (FAO, 2012)

c) Food utilization

Food utilization is another dimension of food security, which includes not only how much food the people eat but also how and what they eat. It also covers the food preparation or food safety, water and sanitation, health care practices and intra-household food distribution. The nutritional result of the food consumed by an individual will be optimum and appropriate only when they cook or prepare food properly, there is adequate variety of the diet and proper feeding and caring practices have been practicing. Wasting rate, stunting rate, diarrhoeal diseases prevention, the usage of latrine, anaemia, weight-for-age, goitre, night blindness etc. are the indicators at different level for this dimension, which can assess by health survey, demographic and vaccination chart etc. (FAO, 2012)

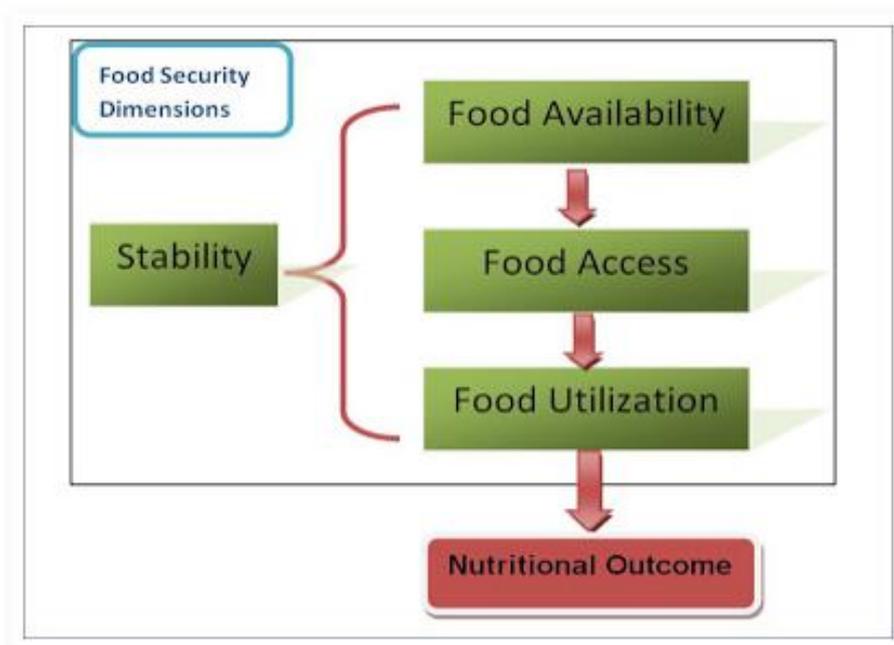
d) Stability

This dimension includes the stability of the other three dimensions over time. People cannot be noticed whether they are food secure or insecure until they feel so and they do not feel food secure until there is stability of availability, accessibility and proper utilization situation. Instability of the market price of primary food and

insufficient risk bearing capacity of the people in the case of harmful condition (e.g. unexpected weather, natural disaster etc), unemployment and political instability are the main reasons affecting stability of the dimensions of food security. (FAO, 2012)

This dimension of food security can assess by Global Information Early Warning System, weighing chart of pregnant women, Anthropometric survey etc against certain indicators like food price fluctuation, migration, pre-harvest food practice, women's BMI etc. Interventions to address this dimension are saving and loan policy, inter-household food exchange, grain bank, food storage etc (FAO, 2012).

Figure (2.1) Dimensions of Food Security



Source: (FAO, 2012)

In summary, Availability covers whether sufficient food is ready at people's disposal while Access ensures if all households and individuals have sufficient resources to attain the food their requirement through either production or purchase. Likewise, utilization is regarding human body function to sufficiently digest, metabolize and ingest the food. Stability is about the assurance of continuation of fore-mentioned dimensions. (FAO, 2012)

2.1.3 Importance of Food Security

Food is a fundamental of human being and it is important because:

i) Everybody has to eat

The obvious should not go without saying. The dependency on food is so fundamental that people often do not contemplate about who is benefitting from it and who is paying for that.

ii) Food is a basic human right

Canada is a signatory to the United Nations Universal Declaration of Human Rights. Article 25 includes the “right to a standard of living sufficient for the health and well-being of himself and of his family, including food, clothing, medical care and housing. “Human rights leaders around the world are concerned about the actions of global institutions like the World Trade Organization that violate these and other human rights.

iii) Food is the basis of a community’s economy

Food is the basic component of community self-reliance. It enhance culture, provides jobs opportunity, support community and public health. According to its important nature, agriculture and food keeps continue when other industries fail. For each farmer there has several related jobs in distribution, processing, food preparation and sales.

iv) Food system is unduly dependent on distant suppliers

Most of people depend on a system that rarely has over two to four days fresh food stockpiled domestically food that travels hundreds or thousands of miles. Unnecessary transportation (such as milk trucked out of province for processing and back again for sale) is dictated by economies of scale that do not account for environmental costs or loss of product freshness. This practice is weak to interruptions of various kinds and is poor risk management.

v) What people see in the grocery store is a vulnerable perfection?

The bounty on the grocery store shelves gives the impression that the food systems are in good shape. The perfection in looks and variety comes with a value, but all the risks and most of the long-term environmental and social costs are hidden. For instance, People who may be forfeiting their own food security to grow money crops

for the markets grow fruits all year round that have to be imported outside our growing season, these products far away, under rules over which we have no control.

vi) Can only control what is close to home

The way food products are grown/raised, processed, prepared and packaged can only be effectively monitored in our own jurisdiction where people have some say regarding the rules.

vii) The jurisdiction that cannot feed its people is at the mercy of whoever can

Eventually, a community, province or nation is beholden to its food suppliers. The use of food as a weapon is changing a lot of common round the world. It is folly to let go the capability of feeding ourselves.

viii) It is vital to preserve the blueprint (capacity, skills and tools to feed ourselves)

In less than a century, we have gone from societies where almost everyone was on the land to societies in North America where fewer than two percentage presently are. In North America, hardly anybody is left to train new learners in regenerative farming techniques. The society are losing the people who that may teach the humanities of growing, harvesting, preserving and cooking our own food, and many of us are losing the skills.

ix) People are rightly concerned about food-health connections

Consumers are growing increasingly concerned about the safety of food. This relates to produce food products and questions about pesticide residues, additives, hormones, or naturally adapted organisms; and to links between diet and disease (such as cancer or Mad Cow Disease).

x) Good food is the basis of health. Nutrition is tied to health

The most important causes of mortality and disability in the society (diabetes, cardiovascular disease, cancer) can all be significantly affected by healthy eating choices and lifestyles.

xi) People in our community are undernourished and/or hungry

According to Food Banks Canada Hunger Count 2013, 833,000 Canadians used food banks each month and one third were children. This rate is twenty three percent higher than it was in 2008. Nowadays, there are about 700 food banks across the country, also as over a pair of 2,000 agencies operating emergency food programs.

xii) Inability to pay should not mean hunger

A single person on welfare obtains \$663.37 a month. The average rent for a bachelor suite in Victoria, British Columbia is \$695 and there is a short supply of subsidized housing. The Ministry of Health publishes monthly information on a basic “nutritious food basket” and a “thrifty food basket.” The prices of the items in the basket are updated each month. Nowadays, in many British Columbia cities and towns families on welfare cannot afford even the most economical tools. (BCFSN, 2012)

xiii) What people eat should not exploit those who produced it

In a global food system devoted to do free trade that was encouraged exports, the trend is to develop traditional crops on a large scale for distant markets. All countries end up doing this at the expense of the land, the water, their farmers and their employees, families and communities.

xiv) Cheap food is too good to be true

Canadians only spend eleven to twelve per cent of our disposable income on food; it is the lowest percentage in the world. People are reluctance to spend more, coupled with international trade pressures and corporate focus; it make difficult for farmers to survive in business. If social and the environmental costs were considered (loss of species diversity, fuels for transportation, loss of community and loss of jobs) the equation would be far different and cheap would be exposed as not cheap at all. There is also a problem about food value. It is normally taken to mean cost. The society need to describe what values the most people want in food and what trade-offs people are willing to make. Value added, for instance, could mean fresher or more flavourful rather than further processed. (BCFSN, 2012)

2.1.4 Food Security at the National and Household Levels

Food is the main source for all people and the development of country mostly depends on the food system. Since past many years, food security concept has been considered at global, national regional, state, household and individual level.

The issue of food security has been critical in several parts of the world. In many countries, people are facing food crisis and the bad impact of crises falls on their economy. Ensuring the food security has become a global challenge with many dimensions.

i) Food security at the national level

Food security is a multifaceted concept, interpreted and variously defined. At one end of the spectrum, food security may provide the availability of sufficient supplies at a global and national level; on the other end, the concern is with sufficient nutrition and well-being.

ii) Household food security

Households are food secure when they have year-round access to the quantity and variety of safe foods their family members need to maintain active and healthy lives. At the household level, food security mentions to the ability of the household to safe, either from purchases or through its own production, enough food for getting the dietary needs of all members of the household. (FAO, 2010)

According to the UNHCR 'Households consider to be secured daily food consumption when they have year-round access to the amount and variety of foods that their family members need to lead healthy and well-being of lives'. (UNHCR, 2015)

iii) Food Insecurity

Food security is not easy to measure and therefore it is usually the food insecurity that is measured, assessed or analyzed with a view to determining the factors that may have affected this situation or may cause it in the future and decide on corrective measures.

Food insecurity exists whenever the availability of nutritionally adequate and safe foods or the ability to acquire acceptable foods in socially acceptable ways is limited or uncertain.

2.2 Causes and Consequences of Food Insecurity

i) Causes of Food Insecurity

Food insecurity includes unstable social and political environments that preclude long-term Economic growth, civil strife and wars, macroeconomic inequities in trade, poor human resource conditions, natural resource barriers, insufficient education, poor health, gender inequality, natural disasters, such as floods and locust infestation and the lack of good governance. All these factors may lead to either inadequate national food availability or insufficient access to foodstuff by households and individuals. (FAO, 2000)

Household food insecurity (HFI) is the result of poverty, poor health of the household member or members, and suboptimal livelihood and household management strategies. Food security is closely related to, but not synonymous with, nutrition security and health. Individuals attain nutrition security when the body tissues are exposed to optimal amounts of nutrients and other essential substances. Nutrition security results from the combination of household food security, health care access security, and access to other basic human needs including sufficient sanitation. Food security and the other determinants of food and nutrition security are interconnected with each other. As an example, a household with inadequate economic access to food might decide to not seek medical care for a child or to not purchase prescribed medications. For food security to be a reality, households need to have unrestricted access to a healthy and nutritious diet. Access to healthy diets, in turn, depends on having adequate economic resources and for foods to be readily accessible in the country, region, and communities in which the households are located. (FAO, 2000)

National food availability is a function of the balance between foods produced in the country plus foods imported minus foods exported, spoiled, or fed to animals. Consequently, the maintenance of an affordable and sustainable healthy food supply at the global level is paramount for achieving household food security and nutrition security worldwide. For this reason, it's crucial to understand and address global climate change, agricultural commodity price policies, armed conflicts, and ultimately, the health of our planet from a household food security perspective in the context of the UN Sustainable Development Goals (SDGs), that specifically call for enhanced nutrition, achieving food security and encouraging sustainable agriculture, ending hunger globally. (FAO, 2000)

ii) Consequences of Food Insecurity

Household Food Insecurity (HFI) represents a strong biological and psychosocial stressor that may increase the risk of poor social, mental, and psycho-emotional development of individuals across the life course through alternate pathways. A biological pathway includes the possible links between HFI, poorer dietary intakes, nutritional status, and overall well-being. A case in point is a current study from the United States that documents the very poor dietary quality of low-income individuals at risk of food insecurity. Their diets were characterized by exceedingly low intakes of whole grains, fruit, vegetables, and fish. This dietary pattern has been strongly linked to an increased risk of obesity, metabolic syndrome, chronic diseases such as diabetes, and premature death. A psycho-emotional pathway involves the worry and anxiety; feeling of exclusion, deprivation, and alienation; distress; and adverse family and social interactions among individuals experiencing food insecurity. (FAO, 2000)

2.2.1 Food Insecurity and Civil Conflict

Civil conflict can be defined as an armed conflict between the state and an opposition group that aims to take power over the central government or in a region, or to change government policies. Civil conflict is the most common form of armed conflict in the world today, with civil conflict accounting for well over ninety percent of the active conflicts at the end of 2011. In the twenty first century, civil conflict is almost universal a phenomenon affecting food insecure and less-developed countries. Two-thirds of the world's food insecure people live in seven countries: China, India, Pakistan, Indonesia, Bangladesh, Ethiopia and the Democratic Republic of Congo (DRC), of which all but China have experienced civil conflict in the past decade, with Ethiopia, Pakistan, India and the DRC, presently involved in civil conflicts. This correlation is mostly because both civil conflict and chronic food insecurity are associated with poverty, and because conflict itself is a cause of food insecurity. Whereas the causal link between civil conflict and food insecurity is complex, the mutual relationship (where civil conflict is the main cause of food insecurity) is well established and relatively straightforward. Violent conflict is a significant cause behind high food prices and severe food insecurity. Conflict usually affects the ability of food production to trade and access food (FAO, 2014).

2.3 Coping Strategy

Coping is that the method in which the acting of people within the limits of current resources and vary of opportunities to achieve various ends. In general, this includes no more than managing resources, however it means how it is overcome abnormal, adverse and unusual situations. Therefore, coping can be contained defence mechanisms, active ways of solving problems, and approaches for handling stress. The coping states to the actions of normal people or disrupted remains of institutions, in contrast to official and planned response. Coping strategies are engaged to satisfy human need of food during any sort of crisis period. For this study, household coping may be inaccurately defined endeavour of household members to get food items and intervention of neighbours, social networks and relatives for overcoming minimum survival of food in a disaster period. Mainly the contexts that compel households to apply only food compromised or financial coping strategies are not well defined. (Edris Alam, 2018)

Food insecure households frequently use four groups of coping strategies to deal with food Insecurity;

- (i) Rationing or managing the shortfall strategies (limited portion size at meal times; skip meals and restricted consumption of adults so small children can eat) are the most common.
- (ii) Decreasing number of household members (send household members to eat elsewhere).
- (iii) Dietary changes (rely on less expensive food).
- (iv) Increasing short term household availability of funds (borrow food from friends or relatives; purchased food on credit; send household members to beg; gather wild food, hunt, or harvest immature crops; consume seed stock held for next season; make handicrafts to raise money for food; the household head migrates to work). (Mjonono, Ngidi and Hendriks, 2009)

2.3.1 Food Aid or Food Assistance

Food assistance can be defined as all actions that national governments, often in collaboration with members of civil society, and non-governmental organizations (NGOs) and with external aid when necessary, undertake to increase the nutritional well-being of their citizens who otherwise would not have access to adequate food for a healthy and active life.

The objectives are to show that:

- (i) food assistance is a powerful instrument in alleviating chronic hunger and creating a base for upcoming food security and is also vital in saving the lives of people affected by disaster and conflict;
- (ii) national food assistance has been, and must remain, the linchpin of sustainable efforts to combat world hunger, with international food aid a vital complementary financing mechanism;
- (iii) ignoring the hungry today is a tax on future human and economic development for all of humankind;
- (iv) targeting is essential for food assistance to reach those most in need, and to minimize production disincentives and market displacement problems in the case of commodity food assistance (FAO, 1996).

2.4 Overview of Internally Displaced Persons

Internally displaced persons are defined according to the 1998 Guiding Principles as people or groups of people who have been forced or to leave their homes or places of habitual residence, in particular as a result of armed conflict, or obliged to flee or to avoid the effects of armed conflict, circumstances of generalized violence, violations of human rights, or natural or man-made disasters and who haven't crossed an international border.

War, violence and civil conflict have displaced record numbers of women, men and children worldwide. The global population of forcibly displaced people has increased substantially in the past two decades, raising from 37.3 million in 1996 to 65.3 million in 2015 and a 75 percent increased. From 1999 to 2011 this population remained relatively stable, fluctuating at around six individuals per thousand or about one in about every one hundred and seven people. Nowadays, the internal displacement is one of the most common and critical humanitarian problem in the world. In 2018, the global population of forcibly displaced people raised substantially from 43.3 million in 2009 to 70.8 million, reaching a record high. (UNHCR, 2018)

Displacement by armed conflicts, civil strife, systematic violations of human rights and natural disasters (floods, desertification, drought, etc.) has become pervasive. The internally displaced persons (IDPs) generally lose their legal, social and economic ties thus suffer considerable physical and psychological hardship. The majority of them are living under the poverty line, as they do not have sufficient income to treat illnesses including malnutrition, respiratory and gastro-intestinal infections, scabies, parasitic

infestations and malaria. Further, they face special difficulties not shared with other conflict-affected groups, specifically those associated with food insecurity, food shortages, unsafe water, insufficient healthcare, poor sanitation, poor housing and re-establishing livelihoods in areas of temporary settlement or reintegration in unstable areas where the traditional means of livelihoods are no longer workable. Natural and man-made disasters are the main reasons for displacement in the region since 1980s.

The United Nations estimates that close to one per cent of the world's population is internally displaced within their own countries due to several reasons. Internal Displacement Monitoring Centre (IDMC) gave a global figure of 28.8 million of Internally Displaced Persons (IDPs) by generalized violence, human rights violations and armed conflict. Internally displaced persons (IDPs) are some of the most neglected vulnerable populations in the world. They are often neglected due to lack of laws that protect them, as the government will be the perpetrator of the displacement. (UNHCR, 2015)

2.5 Review on Previous Studies

Wilson and Naw Eh Mwee Aye Wai (2013) stated that the major constraints to agricultural sector performance and to food security of vulnerable households in Myanmar which intends to provide a broad brush picture of the landscape of poverty, malnutrition, and vulnerability across Myanmar and emphasizes on providing a typology of vulnerability to inform USAID's initial dialogue about possible programme and policy design to improve household food security. The study highlight on policies that encourage a more even distribution of resources, investment in key sectors (including water, sanitation and hygiene, health, education, and agricultural research and extension), and strategic government policies that focus on investment in human capital are critical to improving household food security. Without these investments, Myanmar will surely fail to meet its Millennium Development Goals, and the majority of its population – the poor who live and work in rural areas – will continue to face widespread food insecurity.

Thant Zin Soe (2016) pointed that internally displaced persons have no job opportunity and most of the households try to make money by working as casual labours. The IDPs usually get cash assistance from supporting organization to buy food monthly. 99.3% of households got regular cash assistance for acquiring food items and 0.4% of households did not get. Depending on receiving amount of cash assistance,

97.5% of households mostly buy food and 2.5% of households do not buy food but they used it for health. Among the IDPs, 91.1% of households were easily accessible to buy food as the market is near and 8.9% of households were not. In terms of households' food consumption pattern, the normal practice of Kachin people takes 3 meals per day. Among the IDPs, 65% of households take meal 3 times per day and 35% of households just take meal 2 times per day. The study pointed out that 77.5% of household members in the camp received sufficient and clean water and the main source of water supply for domestic use is hand dug well answered by 79.6%. The family in the camp wants to return original places but the basic needs of shelter, household utensil and food gaps were major constraints to survive at their original villages.

Thandar Kyi (2016) aimed to find out the increasing of the productivity and diversity of food-stuffs and focused on nutrient-dense crops, fish and animal-based foods, with an effort to integrate these into mixed farming systems. The study stated that agriculture plays a vital role the development of nation's economy. Food insecurity and malnutrition are very common in Myanmar. In contrast, chronic or long-term food insecurity is usually a result of poverty. The specific causes of chronic food insecurity may contain the unavailability of food due to poor production practices or market failures, and/or the inaccessibility of food due to low income. Ensuring food security - the basic right of people to the food they need is one of the greatest challenges facing the community.

CHAPTER III

OVERVIEW IDPS AND FOOD SECURITY IN MYANMAR

3.1 Food Security in Myanmar

Myanmar is one of the most ethnically diverse countries among global nations and there are 135 permanent ethnic groups reside in 7 states and 7 regions throughout

the country. Myanmar's economy largely relies on natural resources and agriculture. Insufficient infrastructure, limited "know-how" and administrative constraints have stifled the manufacturing sector. Poverty levels are at an estimated 26% of the population. Poverty is much higher in rural areas where 70% of the population lives. The remote border areas, largely populated by Myanmar's minority ethnic groups, and areas emerging from conflict are particularly poor. (UNDP, 2018)

On the topic of "ending hunger, achieving food security and improving nutrition and promoting sustainable agriculture" (SDG 2) recognizes the interconnectedness of sustainable agriculture support, empowering small farmers, promoting gender equality, ending rural poverty, creating healthy eating environments to enable healthy decisions, Deal with climate change and other issues. (UNDP, 2018)

In Myanmar, successive governments have set their policies in support of the rice sector because of its critical role in food security, and its social and political importance in the country. In 2011, the state opened its doors to democratic and economic change. One of the development goals set by the previous government is to increase rice exports while maintaining local food security. It can be seen that increasing rice exports will generate the income needed to fuel agricultural development, revitalize the economy and alleviate poverty spread in rural areas. With a new Democratic government in 2016, the vision for agriculture is set in line with sustainable development goals, which is an inclusive, sustainable and efficient agricultural sector and increasingly manufacturing, providing access for the entire population to safe and nutritious food; Raising income for the rural population, especially for small farmers and landless; Modern and innovative export-oriented agriculture. (Thandar Kyi, 2016)

Households rely on income from the agricultural sector. At the national level and especially for rural households, the most important sources of income are through the production and sale of agricultural goods or labor as daily laborers. Among those without access to land, casual work is the most important source of income. Almost half of the landless households depend mainly on farm jobs as their main source of income. Importantly, without access to land, many landless households rely almost entirely on casual work Earn the income needed to access food from the market. The strong seasonality of agriculture Employment, very low pay rates (many around \$ 3 per day as of February 2017) for this Agricultural and seasonal employment severely limit their annual land revenue Households. (Thandar Kyi, 2016)

According to WFP report, Myanmar remains one of the least developed nations in the world with an estimated 38 percent of the population living near or under the poverty line. Most people in the country struggle with social, physical and economic access to adequate, safe and nutritious food with girls, women, the elderly, persons with disabilities and minorities affected most due to discrimination, including customary laws and traditions. High food insecurity rates are particularly prevalent in isolated zones of Kachin, Chin, Rakhine, Shan and Sagaing predominantly inhabited by ethnic minorities, as well as in many areas of the Dry Zone and the Delta with higher population densities. (WFP, 2018)

In accordance with a joint government/UN household living condition survey conducted in March 2007 by UNDP, World Bank, it is found that 10% of the population fall below the food poverty line at the national level. Poverty is the highest in Chin State, where some 40% of the population suffer from food insecurity, followed by Shan north and Shan east. The lowest incident of food poverty was in Kayah State at 2%. The findings indicated considerable variability in food security conditions at sub-national levels. The results from a Food Insecurity and Vulnerability Information and Mapping Systems (FIVIMS) analysis in 2002 identified a total of 52 townships (18%) which were classified as being very highly vulnerable, 49 (17%) highly vulnerable, 62 (22%) moderately vulnerable and there remaining 122 (43%) having only a low level of vulnerability. Twenty-nine of the 52 very highly vulnerable townships were found in Shan State alone. Similarly, 79% of the townships in Shan State are either very highly or highly vulnerable. All townships in Chin State and two-thirds of townships in Kachin State are also very highly or highly vulnerable. While Myanmar is normally food secure at the national level, recent household food security assessments conducted by various agencies confirm that many poor households both in rural and urban areas still face the threat of food insecurity. (UNDP & World Bank, 2018)

3.2 Internally Displaced Persons in Myanmar

The internal displacement of populations in Myanmar is not a new phenomenon. Displacement is caused by several factors. Not all of it is due to outright violence, but much is a consequence of misguided social and economic development initiatives. Efforts to consolidate the state by assimilating populations in government-controlled areas by military authorities on the one hand, while brokering cease-fires with non-state

actors on the other, has uprooted civilian populations throughout the country. Very few areas in which internally displaced persons (IDPs) are found not facing social turmoil within a climate of impunity. Ethnic conflicts and violence have left hundreds of thousands of people displaced in Shan State and Kachin State since June 2011 and in Rakhine State since August 2012. Today, Myanmar is the centre of one of the largest refugee/IDP crises in the world. (UNDP, 2018)

In the border states of Kachin and Rakhine, there is on going conflict. In the ethnic states of Chin, Kayin, Kayah, and Tananthiryi, past conflict has left many communities in isolation. Conflict and displacement often leads to a sudden loss of access to land, but also results in many other negative outcomes. Populations in conflict or post-conflict situations are often faced with physical isolation from markets, and humanitarian organizations who might otherwise respond to acute food insecurity are often unable to gain physical access to affected communities. (WFP, 2018).

Myanmar's IDPs live in sorrowful conditions. Some are placed under military control in relocation centres, where they are used as forced labourers, and porters for the military and human landmine sweepers. Others become internal exiles, hiding in the mountains or jungles with only what they can carry in a small bag. Reports explain how these IDPs exist in the shadows and silence, moving and cooking only in the mist. They are constantly afraid that their children will alert the junta by crying out from hunger. Civilians suffer throughout Myanmar, yet the displaced are often hit the hardest because they lose their land and livelihoods (UNHCR, 2018). The IDPs are highly rely on food aid due to limited access to livelihood opportunities and productive assets. Improving food and nutrition security for the IDPs require the regular expanding and strengthening of the government social protection system over the long-term. (WFP, 2018)

Table (3.1) Myanmar Population Concern, November 2012

Sr.	Residing in Myanmar	Number
1	Internally Displaced Person (IDPs)	339,200
2	Stateless Persons (i.e., Rohingya)	808,075
Total		1,147,275

Source: UNHCR, 2018

Currently, the main INGOs supporting IDPs in Myanmar are UNHCR and the International Committee of the Red Cross (ICRC) (Refugees International 2006). Complementary UN assistance is provided by bodies such as the International Labour Organization (ILO), UNICEF, the UN Office on Drugs and Crime, the World Food Programme, WHO, the UN Population Fund (UNFPA) and the Joint UN programme on HIV / AIDS. This assistance is coordinated in the field by the UN Development programme (UNDP) Resident Representative. (UNHCR, 2018)

3.3 Agriculture Sector of Kachin State

Kachin State is located at the north-western part of Shan State, and Sagaing Division and borders both India and China. In Kachin State, Kachin populations live together with Shan, Bamar, and some Rakhine (especially in the mining areas like Hpakant) peoples. According to preliminary results of the 2014 census, the total population for Kachin State was 1,689,441 persons. Of these, 1,642,841 were enumerated in the census, while 46,600 were estimated not to have been counted during the census. Of the total population of Kachin State, 878,384 were males and 811,057 were females. The total population of Kachin State represents 3.3 percent of the total population of Myanmar (Census, 2014).

The main crop in Kachin state is paddy, about 660,000 acres in 2010/11, up from 431,000 acres in 2005. Other crops with around a tenth as much area each are peanuts, fruits, vegetables and rubber. There are many other crops with much smaller areas planted. Some of these are grown on land not used for rice and some on rice land when monsoon rice crops are not being grown. There might altogether and generously be 900 thousand acres that are cultivated by smallholders. In addition, at least 918,000 acres have been allocated to large scale commercial farming enterprises and it is not clear to what extent these two areas overlap. If the allocated large scale farm area overlaps with the smallholder areas, that itself is a major policy problem for the next government. Since only twelve percent of the allocated commercial land has been planted, it appears that most of the allocations were used for harvesting wood rather than actual agricultural development. According to the 2014 Population Census, there were just over one million rural inhabitants in Kachin state or about 200,000 farm households, giving an average farm size of four to five acres, while a median farm size is closer to three acres. Population growth in Kachin state has been above the national

average due both to migration into the state and a higher than average birth rate. This will mean increasing force on the land unless the urban population, currently 35% of the total, absorbs most of the growth. On the other hand, population densities remain very low as would be expected in a mountainous area with limited land for productive cultivation. (Census, 2014)

3.4 Economic Situation of Kachin State

The Kachin state poverty level in 2009/10 was estimated at 28.6% based on a survey in that year. Since then, increased conflict may have balance the impact of national economic growth. On the other hand, increased jade mining may have created more wage opportunities, though at an unsustainable pace. When wages are 4000 to 6000 kyat a day (\$3-5) a day¹⁸, it will be hard to improve farm incomes to more than the wage level. If a man and woman both worked, they could earn about \$175 a month, whereas the median farm paddy income is only \$30 a month with improved techniques. Even if that income were doubled from other crops, it would still be well below the income from nonfarm wages. Most people (65%) in Kachin state live in rural areas and most of these rely directly or indirectly on agriculture. Land policy of the previous government emphasized large grants or cheap sale of land for large, commercial farms, but in practice, this has meant more deforestation than farm development. The deforestation is bound to cause environmental problems, which will hamper smallholder agricultural progress, even if land tenure is made more secure. The presence of well-paid work in jade mines and other nonfarm jobs makes agriculture at current and likely productivity levels less attractive, but still essential. In spite of continuing population inflows mainly to nonfarm work, not all Kachin can or want to work outside of agriculture. There are opportunities to improve farming methods, outputs and incomes at a reasonable cost and these needs to be implemented. (UNDP, 2017)

3.5 Internal Displacement in Kachin State

The breakdown of a seventeen-year ceasefire in Kachin State, Myanmar, in June 2011 led to the displacement of well over 100,000 civilians and the collapse of trust between large sections of the civilian community and the Myanmar government and Army (the Tatmadaw). By August, fighting had spread to Kachin-populated areas of neighboring northern Shan State. Many The civil war cause, has once again forced tens

of thousands of civilians to flee their homes. Accurate figures on the number of Kachin IDPs are difficult to obtain due to the dispersed nature of the camps and displacement settings, many of which are not accessible to aid agencies. In mid-2018, local Kachin CSOs estimated that there were at least 120,000 IDPs in 167 camps across Kachin and northern Shan States. More recent UN's figures estimate over 97,000 IDPs in 140 camps and 'camp-like' (more informal, often temporary) settings in Kachin State alone. Almost half of IDPs live in areas beyond government control, where international actors have very limited access. There are at least a further 15,000 Kachin IDPs in northern Shan State. (UNOCHA, 2018)

The majority of the IDPs continue dependent on humanitarian assistance to meet their basic needs. For some, this is a direct effect on the continued restrictions on their freedom of movement while for others, it relates largely to limited livelihoods opportunities that is a key contributing factor to harmful coping strategies and psychosocial distress for both families and children. In most camps, displaced people continue to live in over-crowded conditions in shelters that were intended to be temporary and that go through regular cycles of repairs. (UNOCHA, 2018)

In Kachin State, limited access to livelihoods especially for food-insecure people in non-government controlled areas forces some people to cross the border into China to seek temporary job opportunities. Some of these people do not have authorised travel documents, putting them at further risk. Women, men, boys and girls face risks of being illegally trafficked. This places many people at risk, mostly women and girls, elderly and disabled people, as well as those in need of urgent life-saving medical attention and those needing access to sexual and reproductive health services. (UNOCHA, 2018)

3.6 Food/Cash Assistance in Kachin State

International food assistance plays an important role of both during conflicts and in the post-conflict recovery period. International organizations such as World Food Program and NGOs are particularly important in these situations because of reduced government capacity to provide basic services in states experiencing conflict and because of the perceived impartiality of aid workers.

WFP has been providing unconditional food assistance (rice, pulses, oil, salt) in Kachin, Maungdaw and Sittwe, and food and cash assistance in northern Shan. In Kachin State, WFP and its two partners, Karuna Myanmar Social Services (KMSS) and World Vision, have been providing food assistance to internally displaced persons

under the form of general food distributions since being granted access by the Government in September 2011. Most of the IDPs in Government-controlled areas of Kachin state (GCA) live in camps that are located in or close to major urban centers, namely Myitkyina, Bamaw and Waingmaw. These urban centers have well-established markets that do not appear to have been significantly affected by the conflict. (WFP, 2014)

In the government-controlled IDP camps, the WFP replaced their rations program with a cash assistance program in 2016. WFP continued to deliver cash for emergency food assistance to over 45,700 IDPs from 108 camps in 12 townships of Kachin State. WFP continued to coordinate food security and livelihoods needs for Internally Displaced Persons in both non-government-controlled areas and government-controlled through its role as the Chair of the Kachin Food Security Sector (WFP, 2018).

CHAPTER IV

SURVEY ANALYSIS

4.1 Survey Profile

The study is focus on food security status of internally displaced persons in Myitkyina City, Kachin State, Myanmar's northernmost state. Since armed conflict

between the Myanmar military and the KIA resumed in 2011, more than 106,000 civilians fled to no fighting areas. IDPs are situated predominantly in IDP camps, IDPs tend to be located in more remotely and rural areas with particularly limited livelihood opportunities, whereas IDPs in Government Control Area (GCA) are more likely to be located in urban settings with better livelihood opportunities and market access. However, Kachin has many micro contexts resulting from geography, governance systems and proximity to conflict, meaning the situations for each IDP camp can vary significantly. The IDPs in Myitkyina came from different areas of Kachin State and there have various religious diversity and different ethnic group.

There are 24 camps in Myitkyina Township and they are located in Government Controlled Area (GCA). A total of 19 camps are in Myitkyina city and hosting 1554 respondents and the rest are located in outside Myitkyina city. The rest 5 camps are in villages. The study was conducted in 5 camps from Myitkyina city.

4.2 Survey Design

The survey was conducted in 6 IDP camps among the 19 camps in Myitkyina the random sampling method was used to select sample respondents from IDP camps during the survey. The sample size 292 respondents, was calculated based on the total population of 1554 IDP respondents from 19 camps from Myitkyina. In order to collect the necessary data, the structured questionnaires and semi-structured questions were constructed for respondents, key informant respondents and focus group members.

The questionnaire was divided into the main areas of investigation except the first part which represent the demographic characteristics of the respondents. Other sections were organized according to the major research objectives.

4.3 Survey Result

4.3.1 Demographic Characteristics of Respondents

The demographic characteristics of the respondents are as mentioned below.

Table (4.1) Demographic Characteristics of Respondents

Camp Name	No of Resident	%
Trinity	56	19
Shatapru Sut Ngai Tawng	40	14

Le Kone Ziun Baptist Church	53	18
Jan Mai Kawng RC	39	13
Jan Mai Kawng Baptist Church	57	20
Man Hkring Baptist Church	47	16
Total	292	100

Source: Survey data, 2019

Based on survey result, there were 19 camps holding 1,554 IDP respondents and the survey was only conducted in 6 camps and the total respondents are 292. The number of sample size was also different from each other as it was proportionally selected from the population from each camp.

Table (4.2) Characteristics of Respondents

Variables	Characteristics	Number of Respondents	Percentage
Respondents Gender	Male	55	19
	Female	237	81
	Total	292	100
Respondents Age	<=20	10	3
	21-40	129	44
	41-60	107	37
	>60	46	16
	Total	292	100
Educational Attainment	Illiterate	61	21
	Primary	74	25
	Middle	79	27
	High	70	24

	Graduate	8	3
	Total	292	100
Marital Status	Single	26	9
	Marriage	224	77
	Widow	25	8
	Divorce	3	1
	Separate	14	5
	Total	292	100
	Household size	> 5 HH member	112
6 to 10 HH member		169	58
< 10 HH member		11	4
Total		292	100
Household with Children Under 5	No Children	142	49
	1 to 5 Children	146	50
	< 6 Children	4	1
	Total	292	100
Household with Students	No Student	52	49
	1 to 5 Children	227	50
	< 6 Children	13	1
	Total	292	100

Source: Survey data: 2019

The data collecting was carried out by interviewing 292 IDPs (Male 19 % and Female 91.5%) in 6 IDP camps from Myitkyina township. Based on the survey result, Female participation in respondents interview session is much higher than male participation as some men in IDP camps were working in their workplace during the data collecting period and some went back to their native villages to observe their physical and livelihood assets, which are important for reintegration and return mechanism. Among the age of respondents in brackets at their arrival, over 60 age category is 16% and 41-60 category is the second highest and the third category 21-40 is the highest and less than 20 years is the lowest category as shown 3%. The result of survey indicates that, the minimum age is 16 years, maximum age is 82 years and the average age is 43 years.

The education status of respondents was also different from one another and 21% of respondent are illiterate and followed by primary, middle and high level education. There are 8 graduated IDPs among respondents and some got their degree after displaced to Myitkyina.

Regarding, the marital status of the respondents, 9% of respondents are single followed by 77% is married while 8% is widow and 1% is divorce and 5% is separate.

According to this data, their social affair is in sound condition and they could give full attention to their family affairs and economically improvement.

Across the sample-size of family, up to five is 38% while 58% are between 6 to 10 members followed by 4% is over 10 members. The average respondents' size is approximately 6. The family with no children is 49% while 50% is between 1 to 6 children followed by 1% is over 6 children. The family with no student is 49% while 50% is between 1 to 6 students followed by 1% is over 6 students. Based on the result, the children population in the camps are more than adult population.

Table (4.3) Distribution of Respondents by Experience, Number of Camp that has been Displaced, Time of Displacement and Original Permanently

Have you been displaced more than once (After the first displacement)	Number of Respondents	Percentage
Yes	51	17
No	241	83
Total	292	100
The number of camp that has been displaced more than once	Number of Respondents	Percentage
1	241	82
2	23	8
3	3	1
4	2	1
No Answer	23	8
Total	292	100

The arrival year to the camp	Number of Respondents	Percentage
2010	11	4
2011	161	55
2012	29	10
2013	10	4
2014	4	1
2015	7	2
2016	4	1
2017	6	2
2018	60	21
Total	292	100
Original permanently	Number of Respondents	Percentage
Bamaw Township	11	4
Waing Maw Township	157	54
Myitkyina Township	75	26
Sumprabum Township	25	8
Hpakant Township	8	3
Moemauk Township	3	1
Moegaung Township	3	1
Shan State	10	3
Total	292	100

Source: Survey data, 2019

Based on the result, among the 292 respondents 17% of respondent IDPs have been displaced more than once and whereas 83% of respondents have only first-time displacement. Also found that the respondents 8% has been displaced 2 times while 1% has been displaced 3 times followed by 1% has been displaced 4 times.

According to the survey result, although 4% of respondents moved before the conflict started in 2010 but the arrival number of IDPs was highest in 2011 and 2018 was the second highest. This figure shows that most IDPs are living in camps more than 8 years. The IDPs are from 102 different villages from Bamaw, Waing Maw, Myitkyina, Sumprabum, Hpakant, Moemauk, Moegaung Township and Shan State.

4.3.2 Cash and Food Assistance, Food Availability, Accessibility and Coping Mechanism

The Cash and Food Assistance, Food Availability, Accessibility and Coping Mechanism of the respondents are as described in this section.

4.3.2.1 Cash and Food Assistance

Cash Assistance program is one of the important programs for IDPs and is a way of conveying direct financial aid to vulnerable populations and can be contrasted with in-kind assistance such as food, shelters or medicine. The advantage of cash programme is that they enable households to establish their own priorities, thus adding efficiency to the system. This approach works if the markets are functioning around the camps.

Table (4.4) Cash and Food Assistance

Do you receive any support for obtaining food items?	Number of Respondents	Percentage
Yes	285	97
No	2	1
Don't know	5	2
Total	292	100
How do you receive your ration	Number of Respondents	Percentage
Once a month	289	99
Other	3	1
Total	292	100
Cash Ration		

11000 MMK	235	80
15000 MMK	50	17
Don't know	5	2
No answer	2	1
Total	292	100
Who received blended food ration in your family	Number of Respondents	Percentage
Under 2 years	108	36
Pregnant	12	4
Lactating Mother	9	3
Over 60 years	6	2
Nil	163	55
Blended food ration for all eligible person	3 Kg per person per month	

Source: Survey data (2019)

As shown in the table (4.4), 97% of respondents received regular cash assistance for obtaining food items, 1% of respondents did not receive regular cash assistance for obtaining food items, and 1% of respondents did not know whether their family received assistance. Based on receiving the amount of cash ration, 80% of respondents received 11,000 MMK per person per month as a normal family ration while 17% of respondents received 15,000MMK per person per month as a most venerable family ration followed by 2% of respondents did not know their ration and 1% of respondents did not answer. According to the figure, 36% of respondents are eligible to receive 3 kg of blended food ration for under 2 years children while 4% of respondents are eligible to receive 3 kg of blended food ration for pregnant women, followed by 3% of respondents eligible to receive 3 kg of blended food ration for lactating mother followed by 2% of respondents eligible to receive 3 kg of blended food ration for over 60 years old age, and 55 % of respondents no eligible to receive blended food ration.

Based on interviewed result, World Food Program is the main donor for IDPs and Karuna Mission Social Solidarity (KMSS) is implementing on distribution ration to the camps. There has free health, small-scale loan assistance programmes, small business support and some free education support by some organizations.

4.3.2.2 Food Availability and Accessibility

IDPs are using the markets located near the camps for small purchases such as vegetables, eggs and snacks but would go to the primary markets for bigger purchases, including rice, in order to get lower prices and greater choice. Although they can access the markets but some IDPs respondents cannot eat non-staple food in daily basis.

Table (4.5) Food Availability and Accessibility

Do you and family member have Non-staple food (light food/ snacks) in a day	Number of Respondents	Percentage
Always	15	5
Sometime	136	46
Rarely	75	26
Cannot eat	66	23
Total	292	100
Has there any convenience store near around your camp	Number of Respondents	Percentage
Yes	289	99
No	3	1
Total	292	100
How far the convenience store from your location	Number of Respondents	Percentage

5 minutes	244	84
10 minutes	29	10
15 minutes	15	5
20 minutes	4	1
Total	292	100

Source: Survey data (2019)

Accordance with the table (4.5), there are markets around the camps, 84% of respondents have to walk to reach the convenience store, while 10% of respondents have to walk to reach the convenience store, followed by 5% of respondents have to walk to reach the convenience store and 1% respondents have to walk to reach the convenience store.

Although the market is around the camp and respondents have their staple food depend on how family's affordable on staple-food and schedule, 46% of respondents eat non-staple food sometime in a day, while 26% of respondents rarely eat non-staple food in a day, followed by 23% of respondents cannot eat non-staple food, whereas only 5% of respondents can eat non-staple food daily basic.

4.3.2.3 Consumption-based Coping Strategies

The most common coping strategies used by respondents were to rely on less preferred and less expensive food, to reduce the number of meals eaten in a day, and to borrow food or rely on assistance from relatives and friends. However, respondents tend to recur to more severe coping strategies such as restricting adult consumption, so children can eat.

Table (4.6) Consumption-based Coping Strategies

How many time do you and family members have meal in a day	Number of Respondents	Percentage
One time	2	0.7
Two times	76	26
3 times	213	72
Others (more than 3 times)	1	0.3
Total	292	100
How many time do your family has meat in a week	Number of Respondents	Percentage
Cannot eat	20	6.8

One time in a week	106	36.3
Three to five times in a week	135	46.3
More than six times in a week	19	6.5
In every meal	8	2.7
Do not remember	4	1.4
Total	292	100
The ration you received are enough for your family	Number of Respondents	Percentage
Yes	77	26
No	215	74
Total	292	100
If the ration is not enough for your family, what is the way to enough food for your family	Number of Respondents	Percentage
Received support from relative	5	1.7
Borrow from other family	84	28.8
Reduce food portion	109	37.3
Skip one meal	6	2.1
Sell own property	2	0.7
Other	25	8.6
No answer	61	20.8
Total	292	100
In last 30 days, did (you/you or other adults in your respondents) ever cut the size of your meals or skip meals because there wasn't enough money for food?	Number of Respondents	Percentage
No	183	62.6
Yes	103	37.4
Total	292	100
If yes, how often did this happen?	Number of Respondents	Percentage
Every day	2	0.7
Three times in a week	28	9.6
At least 5 times and above	2	0.7
Refused	5	1.7
Don't know	54	18.5
No answer	201	68.8

Total	292	100
The most difficult month		
The most difficult month in a year	August	79 (27%)
The second most difficult month in a year	July	61 (20%)
The third most difficult month in a year	September	61 (20%)

Source: Survey data (2019)

Based on survey result table (4.6), 72% of respondents have meal 3 times in a day, while 26% of respondents have meal 2 times per day, followed by 0.7 % of respondents have one time in daily and 0.3% have meal more than 3 times in a day. The main meal for IDPs is rice, most of the respondents have meal three times in a day, on the other hand they cannot afford to eat snacks.

Protein is an important element of every cell in the body. The body needs protein to repair and build tissues. Protein is an essential block structure of bones, muscles, cartilage, skin, and blood. Not consuming sufficient protein can also cause muscle cramping, weakness, and soreness. Insufficient protein intake can also cause muscle cramps, weakness and pain. Although the protein can be get mainly from meat, but for the IDP respondents cannot eat meat in their daily meal, only 2.7% of respondents can eat meat in every meal, while 6.8% of respondents cannot eat mail in every mail. 46.3% of respondents eat meat three to five times in a week, followed by 36.3% of respondents eat meat only one time in a week. They are surviving to get enough rice for their family member.

Data on consumption-based coping behaviours taken by respondents facing food shortages in order to meet their food consumption needs were also analyzed. The table (4.6) illustrated that the ration (cash) they received monthly is not enough for family expenses as most respondents mainly rely on the assistant. 37.3% of respondents reduce the size of meal, while 28.8% of respondents borrow cash/in-kind items from other family and they return them back when they received the ration (cash) from the donor, followed by 2.1% of respondents skip one meal. 1.7% of respondents received support from relatives and, 0.7% of respondents sell their property.

According to the survey result, 37% of respondents cut the size of meals or skip meals because there was not enough money for food in last 30 days. 0.7% of respondents cut the size of meal or skip meals every day because there was not enough money for food, while 0.7% of respondents cut the size of meal or skip meal at least 5

times and above because there was not enough money for food, followed by 9.6% of respondents cut the size of meal or skip meal three times in a week because there was not enough money for food. Across all groups the coping strategy most relied on was to eat less preferred or expensive meals. In addition, respondents apply more severe strategies, such as borrowing food and limiting portion sizes.

During raining season in Kachin state, job opportunities are naturally rare for people who are working as general workers, casual workers. Unbalance income and expenditure more occur in raining season. Schools are opened in June and seasonal illness such as flus, cold, illness and malaria can be found in raining season. Therefore, respondents more struggle on family food security, education and health expenses during raining season. Based on survey result, it was found that the most difficult month for IDPs is August at 27%, followed by the second most difficult moth is July and September at 20% each.

4.3.3 Income Opportunity and Family Income

The Income Opportunity and Family Income are as described in this section.

4.3.3.1 Income Opportunity

During displacement, income is not only to fulfil the basic needs but also to improve the quality of life for both individuals and family well-being; it helps avoid prolonged dependency and exposure to further discrimination.

Table (4.7) Income Opportunity for IDPs

Job opportunities for Internally Displaced Persons	No of Respondents	Percentage
General/casual/ Daily casual worker	207	55
Housemaid	17	4.5
Shop helper	15	4
Self-employed/Retail trade	42	11.2
Civil servant	8	2.2
Private staff	16	4.2
Working a way from current location	14	3.7
Agriculture	17	4.5
Livestock	18	4.8

Others (work at Jade and gold mine)	22	5.9
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Source: Survey data (2019)

Job opportunity is significantly related to family's financial well-being, individuals and families need to have enough income to meet their basic expenses and have an opportunity to save for the future. The above table (4.7) described some job opportunities for IDPs. Although the opportunities exist, most of IDPs are not able to have these opportunities because of some reasons.

Table (4.8) Decent Job Opportunities, Total Number of Working People in the Respondents

Description	Variable	No of Respondents	Percentage
Is finding jobs for you easy or hard?	Easy	30	10.3
	hard	262	89.7
	Total	292	100
How many family member are working for family income?	Nil	42	14.4
	1	150	51.4
	2	71	24.3
	3	24	8.2
	4	5	1.7
	Total	292	100

Source: Survey data (2019)

Accordance to above table (4.8) 262 % of respondents are hard to find job while 10.3 % of respondents are easy to get job. 1.7% of respondents with 4 earners for family income while 8.2% of respondents with 3 earners for family income. 24.3% of respondents with 2 earners for family income, followed by 51.4% of respondents with 1 earner for family income and, in 14.4% of respondents has no earner for family income and they only relied on the IDPs allowance.

4.3.3.2 Difficulty on Finding Job

The difficulty on finding job for IDPs are presented in the following.

Table (4.9) Difficulty on Finding Job

The reasons of difficulty on finding job	No of Respondents	Percentage
Uneducated	89	25.9
Less Job opportunity for IDPs	84	24.4

Lack of contact/information on searching job	65	18.9
Lack of Skill	34	9.9
Language barriers	12	3.5

Source: Survey data (2019)

IDPs experience more than one obstacle to get a job during their displaced life. Some obstacles are shown in above table (4.9), 25% of respondents are uneducated because they displaced from remote areas and there is not reach enough good Education to the remote areas. The second highest 24.4% is less job opportunity for respondents followed by 18.9% is lack of contact/information on searching job followed by 9.9% is lack of skill and 3.5% is language barriers.

IDPs may find opportunities in and have skills more applicable to rural contexts, but overall these opportunities tend to be fewer for IDPs. Thus, IDPs are struggling with more than one obstacle because they are living in the capital city of Kachin state that has many educated, skilful people living in the city. The occupation opportunity of IDPs directly related with the attitude of the local business owner who mainly provided occupation to IDPs.

4.3.3.3 Main Income source

As mentioned in above, income can only fulfil the basic needs of IDPs and their family members. There are some income sources for IDP but the most of IDPs rely on the IDP allowance. The income sources for respondents are described in below.

Table (4.10) Main Income Source

Type of Job	No of Respondents	Percentage
IDP allowance	290	99
General/casual/ Daily casual worker	218	74.7
Other (working in jade and gold mind)	39	13.5
Salary	23	7.9
Self-employed	17	5.8
Agriculture	13	4.5

Livestock	4	1.4
Assistance from relative/ friends	3	1.0
Housemaid	2	0.7

Source: Survey data (2019)

Table (4.10) explained that almost all 99% of respondents receive the main income from IDP allowance which is distributed by monthly. The second main income sources largely depend on labour wages which is seasonal, sporadic and low paying and is 74.7% respondents engaged it for their earnings. 13.5% of respondents got their income from working in jade or gold mine while 7.9% of respondents received their income through the salary. Some respondents received their income through Self-employed, selling agriculture and livestock products, and house cleaner or helper. Some respondents received assistance by their relatives and friends.

4.3.3.4 Monthly Family Income

The monthly family incomes of respondents are presented in the following.

Table (4.11) Monthly Family Income

Amount MMK	Frequency	Percentage
<50000	33	11.3
50001-100000	86	29.5
100001-200000	93	31.8
200001 - 300000	48	16.4
300001 - 400000	12	4.1
400001 - 500000	18	6.2
>500001	2	0.7
Total	292	100

Source: Survey data (2019)

In terms of monthly income of respondents, the survey result showed that the respondents having income below 50000 kyats is 11.3% which is very low income for

the average respondents size of 6 while the respondents with the highest income above 500,000 kyats is 0.7%. It has described that IDPs family are reach at low level of income and totally rely on the IDPs allowance. The highest 31% of respondents having incoming between 100001 kyats and 200000 kyats, whereas the second highest 29.5% of respondents is between 50001 kyats and 100000 kyats. Only 0.7% of respondents earns above 500001 kyats. The averages income for each respondent is around 170,000 kyats. In the absence of viable agricultural livelihoods, many IDPs rely on other short-term jobs as opportunities to gain additional income. These include various daily labour opportunities in host communities. On the other hand, this work is unpredictable (e.g. seasonal, jobs in plantations) and there have some discrimination whereby IDPs receive lower wages than other (resident) workers do. A more limited number of IDPs have been able to establish their own businesses, such as small grocery shops around IDP camps.

4.3.4 Monthly Family Expenses

Families are allocating their incomes on purchasing food, education expenses and health expenses. The monthly expenses of respondents are described in this section.

4.3.4.1 Main Family Expenses

The monthly family expenses of respondents are presented in the following.

Table (4.12) Main Family Expenses

Main Expenses of Family	Number of Respondents	Percentage
Food	269	92.1
Education	244	83.6
Health	176	60.3
Social activities	65	22.3
Clothes and respondents goods	23	7.9

Source: Survey data (2019)

The allocation of respondents expenditure on monthly income is shown in table (4.12), among 292 respondents, and 92% of respondents allocate their income on foods. 83.6% of respondents spent on education, 60.3% of respondents spent on health and

22% of respondents spent on social activities while 7.9% of r respondents spent on clothes and respondents goods respectively.

4.3.4.2 Expenses on Food and Non- food Expenses

The monthly expenses on food and Non-food expenses of respondents are presented in this section.

Table (4.13) Expenses on Food

Amount (MMK)	Rice	Oil	Meat/fish	Vegetable	Wood
Cannot buy	0	9	15	35	58
>5000	8	79	102	99	111
5001 - 10000	7	121	77	80	61
10001 - 15000	7	45	48	50	20
15001 - 20000	13	10	26	17	15
20001 - 35000	109	19	7	6	27
<35000	148	9	17	5	0
Total	292	292	292	292	292

Source: Survey data 2019

Food was the single most important item of reported expenditure for all respondents. Accordance with table (4.13), respondents are spending more than half of their stated income on food, and almost half of their expenditure on food. Looking at income groups individually the figures show that over thirty per cent of those who receive an income of less than 50,000 MMK stated that they spent almost they eared on food alone, with the average monthly food expenditure in this group being 40,000 MMK.

Table (4.14) Food and Non-food Expenses

Amount (MMK)	Expenses on food		Family expenses (except food expenses)		Total expenses	
	No.	%	No.	%	No.	%
< 50000	128	43.9	45	15.5	5	1.71
50001 – 100000	137	46.9	66	22.6	46	15.75
100001 - 200000	27	9.2	99	33.9	124	42.47
200001 - 300000	0	0	60	20.5	71	24.32

300001 - 400000	0	0	21	7.2	41	14.04
400001 - 500000	0	0	1	0.3	5	1.71
>500000	0	0	0	0	0	0
Total	292	100.0	292	100.0	292	100.00

Source: Survey data (2019)

From the figures in table (4.14), illustrating the monthly respondents' expenditure on food has under 50000 kyats is 43.9 % respondents while 46.9% of respondents are using their expenditure on food between 50000 and 100000 kyats. Only 9.2% of respondents are using their expenditure on food between 100001 and 200000 kyats. To compare between the expenditure on food and total expenditure of respondents, more than half of respondents are allocating their income on food. It is clear that food was the single most important item of expenditure for all respondents. On the other hand, some respondents have more than 10 family members, so they have to spend more on food consumption.

In comparison between the respondents' income and expenditure, the survey findings showed that there was imbalance of income and expenditure among the respondents, which indicated that respondents' expenditure was higher than respondents' income. Respondents in order to bridge the gap between costs and income through but some respondents, which fall into this category, survive on a hand to mouth basis; they are involved in various credit arrangements.

4.3.5 Intentions for Return

According to Article 13(2) of the Universal Declaration of Human Rights, both the right to leave and the right to return are enshrined. This highlights the fundamental nature of the 'right to return.' The right to return is a viable durable solution for the displaced persons in Kachin State. The right to return as a durable solution is emphasized in the Guiding Principles on Internal Displacement (section 5). In the right to return can arise in the following areas: a lack of economic opportunities, a lack of basic infrastructure such as roads and schools and a lack of public services such as health care and education. Furthermore, is the need for reconciliation initiatives among the IDPs and other communities in Kachin State. These factors pose as limitations to the decisions of the IDPs seeking to return to their places of origin.

Table (4.15) Voluntarily Return

The voluntarily return of IDPs are presented in the following.

Would you like to return to the area of origin permanently?	Number of respondents	Percentage
I will definitely return as soon as I am given the opportunity	190	65.1
I will probably return as soon as I am given the opportunity	66	22.6
I will NOT return in any case	17	5.8
Don't know	19	6.5
Total	292	100

Source: Survey data (2019)

Many years after any conflict, it is always challenging for people to make up their minds about returning voluntarily or not. IDPs from visited camps understand that the durable solution process need many different supports for voluntary, dignified, sustainable return and rehabilitation. Moreover, different IDP had different ideas for return and iteration. According to the survey, the majority of respondents would like to return voluntarily to their area of origin. The total percentage of respondents who think that they will definitely return voluntarily is 65.1% and those displaced in 2011 and 2012, while 22.6% of respondents will probably not want to return voluntarily. 5.8% of respondents will not return to their original area while 6.5 % of respondents do not know.

Table (4.16) Reasons of not Wanting to Return

If you do not want to return, what are the reasons?	Number of respondents	Percentage
Security situation	18	20
There are better services (medical, education, etc.) here	7	17.5
I have lost everything (home, land)	16	15
Livelihood	4	10
Other	4	10
My health conditions do not allow me	3	7.5
I have no emotional relation to my area of origin	3	7.5
Do not know	3	7.5
All of my family and friends are here	1	2.5

Refuse to answer	5	2.5
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Source: Survey data (2019)

Based on survey table (4.16) state that 20% of respondents do not want to return because of security concern, where the second highest 17.5% of respondents do not want to return because of public service like medical, good education. 15% of respondents lost their property like livelihood assets, house, 10% of respondents have other reason for not to return, followed by 7.5% of respondents do not want to return because of their health condition, 7.5% of respondent do not have emotional relation to their area of origin and 7.5% of respondents do not know for the return. The rest 2.5% are their family and friends are here so they do not want to return. Economic condition and security considerations were the highest among IDPs when stating the reason for not wanting to return.

Table (4.17) Reasons of Wanting to Return

What are the main reasons you want to return?	Number of respondents	Percentage
My house and property is there	146	50
Social and economic opportunities	107	36.6
I have an emotional commitment to my area of origin	77	26.4
Family and relatives are there	14	4.8
Do not know	7	2.6
Other	6	2.2
Refuse to answer	1	0.4

Source: Survey data (2019)

Different people had different idea for return; according to Table (4.17) 50% of respondents left their house and property there, followed by 36.6% of respondents want to return because all their social and economic opportunities are there. 26.4% of respondents have an emotional commitment to their area of origin. 4.8% of respondents' family and relatives are there.

Although some IDPs arrived to their respective camps since 2011 when the conflict started, they still face several economic challenges to adept urban lifestyle. Displacement led to a loss of assets, labour market discrimination, and the loss of social networks and support systems. All IDPs have been thinking to return their area of origin.

Table (4.18) Types of Support Needed to Return to Original Place

If you consider returning to the area of origin, which conditions will be important for you? (Select multiple answers)	Number of respondents	Percentage
If my land (before displacement) is returned	96	32.8
If I return to my house/apartment	89	30.5
Children will be able to study	51	17.5
If I have access to quality medical services	39	13.4
If I will be provided with a living space in my village/town of origin	31	10.6
If I can have an adequate job	30	10.2
If I can have a livelihood/income (including allowances)	29	9.9
If financial compensation is provided (for lost property)	25	8.6
If I will be provided with land of the same size	23	7.9
Other (Peace)	12	4.1
Do not know	10	3.4
If my neighbours, friends, family also return	2	0.7
I do not consider returning to the area of origin	2	0.7

Source: Survey data (2019)

Based on survey result, 32.8% of respondents want to get their land is returned, 30.5% of respondents want to return to their home/apartment, 17.5% of respondents want to get their children will be able to study/go to school, 13.4% of respondents want to get the quality medical services, 10.6% of respondents want to get to be provided a living space in their village/town. 10.2% of respondents want to get an adequate job opportunity, and 9.9% of respondents want to get a livelihood income and other cash assistance, 8.6% of respondents want to get financial compensation for lost property, 7.9% of respondents want to get back the land with the same size of them have owned, 4.1 of respondents want to get sustainable peace between Tatmataw and ethnic arm group, 0.7% of respondents want their neighbours, friend, family also return. 0.7% respondents do not consider returning to the area of origin location.

The holistic preferential needs of IDPS's return relate to the economic and social factors of the places of origin. The top priorities were shelter, food security and economic assets. The availability of health and educational services.

4.3.5 Water Source and Housing Condition

The Water Source and Housing Condition of respondents are described in this section.

4.3.5.1 Access to Water

Science clearly states that a human being can survive three weeks without food, but where water is concerned, most people cannot go on 3-4 days without it! In other words, water is the basic necessity. Without it, a living being simply cannot be survived. Without sufficient safe water for drinking, cooking and personal hygiene, it is difficult to maintain good health and fight off illnesses. Access to clean drinking water is one of the main concerns for IDP people. Currently, IDP camps in Myikyina city can access the clean water. Based on the interviewed and visual result, IDP in camps able to access clean water through water tap, well.

4.3.5.2 Housing Condition

Accordance with the interviewed result, many of the displaced are currently staying in temporary shelter provided by the Kachin Baptist Convention, it was observed that from 5 to 8 people were sharing one room. IDPs need extra shelter to be sufficiently accommodated. Many of their shelters are now also in need repair and of attention. IDPs are staying the substandard houses, lacking basic facilities and privacy that is essential for women to be able to conduct daily activities in a less stressful environment.

4.3.6 Health Condition

The Health Condition of respondents are described in this section.

Table (4.19) Health Condition

Description	No of Respondents	Percentage
Illness and cold	71	24.3
Influenza	50	17.1
Stomach-ache	9	3.1
Kidney pain, stone	6	2.1
Tuberculosis	6	2.1
Heart diseases	3	1
Accident (car/ motorbike)	2	0.7
Diarrhea	1	0.3
Paralyze	1	0.3

Deafness and hearing loss	1	0.3
Vomiting blood	1	0.3
Gallbladder stones	1	0.3
Lung debases	1	0.3

Source: Survey data (2019)

Internal displacement has significantly effects on public health and the well-being of the affected populations. Several risk factors, which encourage communicable diseases, work in synergy during displacement. These factors contain the movement of mass populations and resettlement in temporary locations, overcrowding, economic and environmental degradation, and poverty, insufficiency of safe water, waste management and poor sanitation. Although the IDP camps in survey area, there is no major diseases in last 6 month, the combined effects of these factors result in increased risk of diseases can be found such as seasonal illness and cold 24.3%, influenza 17.1 and Tuberculosis 2.1%.

CHAPTER V

CONCLUSION

5.1 Findings

Food is a fundamental of human life. Along with access to adequate food and nutrition access to water, is one of the most important humanitarian concerns for any human being. Food security has important symbolic, culture, social and political roles. Inadequate nutrition among Food security is a major concern for IDPs, during displacement, all stages of nutrition; production, procurement, preparation, allocation and consumption of food are disrupted. Communities that may have previously developed group coping mechanisms and solidarity networks to reduce the impact of food shortages, find themselves suddenly scattered.

Job opportunity is significantly related to family's financial well-being, individuals and families need to have enough income to meet their basic expenses and have an opportunity to save for the future. There are many job opportunities in Myitkyina city but IDPs hardly survive to get decent jobs and incomes because the

limited education level, lack of vocational skills and language barriers as most of IDPs are from remote areas of Kachin state and not too familiar with Burmes Language. Thus, the majority of IDPs are highly dependent on food/cash assistance because of the low family income.

The large majority of those displaced previously relied on agricultural livelihoods, which are essentially impossible to pursue in a camp setting. While some IDPs have been able to temporarily access their land in their places of origin, this access is unpredictable and involves important protection risks, primarily due to the proximity to armed conflict and landmines. In some camps, IDPs have been able to rent land (sometimes with the help of NGOs), but these opportunities remain limited and precarious due to the IDPs' limited financial assets, which also lead to indebtedness. Accessing nearby agricultural land also sometimes creates tensions with the host community.

The main impact of the displacement was the loss or sharp reductions in the primary livelihoods and main source of food access prior to displacement. In the absence of sustainable agricultural livelihoods, many IDPs rely on other short-term jobs as opportunities to gain additional income. These include various daily labour opportunities in host communities. On the other hands, this work is unpredictable (e.g. seasonal, jobs in plantations) and there have some discrimination whereby IDPs receive lower wages than other (resident) workers do. A more limited number of IDPs have been able to establish their own businesses, such as small grocery shops within IDP camps.

This study also found out that level of monthly income had negative significance on food security this is because majority of the respondent's families had little income to protect them against risks of food shortage during periods of unsustainable jobs. Income blends needs with satisfaction of basic needs food, education and health care. These respondents are therefore often affected by situations of food insecurity or crisis due to capital constraints in terms of both income and expenditure. Number of meals depended on income. The study also showed that the size of the family members had had negative influence on food security as increased respondents size resulted in increased expenses for food. This expense, however, cannot be matched with the existing family income and this ultimately end up with the respondents becoming food insecure.

Most of IDPs are living in the camps more than 8 years. The study result show that the IDPs depended on IDP assistant, credit and borrowing to access food and some cut the size of their meals. About 84% of respondents relied on borrowing money to purchase food. Mostly, this was from relatives and friends. 37.3% of respondents reduce the food portion to secure food for family until next assistant receive. Some IDPs respondents sell their property to overcome the unpleasant period. Raining season in Kachin state is naturally rare job opportunities for people who working as general, casual workers, schools are opened and common illness season.

The main source of food access was found that to be purchased, and as indicated above, most of this was on credit. This is shown that the average credit expenditures on the main staple, rice that represents approximately 46% of the average household's expenditures on the commodity. Considering the IDPs have lost access to their primary source of income the option of purchasing food on credit is not expected to be sustainable over a longer period. The main commodities consumed were rice (nearly all respondents spent more money on purchasing rice) and vegetables, followed by meat and oil. Animal protein, pulses, fruits and milk were consumed occasionally and by very few respondents. The main market in Myitkyina is located in the centre of town that has around 15 minute drive from each IDP camps.

IDPs are using the markets located near the camps for small purchases such as vegetables, eggs and snacks but would go to the primary markets for bigger purchases, including rice, in order to make greater choice and get lower prices. The IDPs would go to the small markets on a daily basis and to the primary markets on a weekly or monthly basis. On the other hand, the shop owners who owned the small shop located closed to the camps allow the debt to IDPs during they face the shortage of money consequently IDPs has to rely on the small markets/shops that the certain commodities price are higher than the main market.

The most significant expenditures post apart from food is education, in particular tuition fees and informal charges in schools. Other expenditure posts such as emergency medical care were mentioned but education was perceived as the most important conflicting. Considering the desirability for increased self-reliance among IDPs and the fact that current respondent's incomes are insufficient to cover food, education, health and other expenses.

The most common coping strategies applied by respondents were to rely on less expensive and less preferred food, to reduce the size of meals eaten in a day, and to

borrow food or rely on support from relatives and friends. However, respondents tend to repeat to more severe coping strategies. Financing food purchases with debt is generally used coping mechanism. They repay debt after they received the regular cash assistance from WFP. While this forestalls immediate hunger, it inhibits asset accumulation locks many people into a cycle of debt.

The current conditions in these six IDPs camps have become increasingly undignified with overcrowding, degraded infrastructure and associated social problems. Within this bleak climate, however, a number of localized, small-scale initiatives to provide IDP durable solutions have developed; if carefully scaled up and adjusted, these could be transformative to the lives of the IDPs and to the overall displacement context.

Currently, NGOs, INGOs and UN organizations provide safe water through wash assistance programmes. Hence, IDPs in camps able to access clean water through water tap, well. IDPs have to share water sources, toilets and as well as common bathrooms but it is causing discomfort according to lack of privacy.

Most of the displaced are currently staying in temporary shelter provided by the Kachin Baptist Convention and International Red Cross Organization, it was observed that from five to eight people were sharing one room. IDPs need extra shelter to be adequately accommodated. Many of their shelters are now also in need of attention and repair. IDPs occupy/rent substandard houses, lacking basic facilities and privacy that is fundamental for women to be able to conduct daily activities in a less stressful environment.

Due to the lack of comprehensive political dialogue, the limited and largely cosmetic political changes since the initiation of the peace process six years ago and the recent deadlock in the peace negotiations. The right to return is a viable durable solution for the displaced persons in Kachin State. In the right to return can arise in the following areas: a lack of economic opportunities, a lack of basic infrastructure such as roads and schools and a lack of public services such as health care and education. Furthermore, is the need for reconciliation initiatives among the IDPs and other communities in Kachin State. These factors pose as limitations to the decisions of the IDPs seeking to return to their places of origin.

5.2 Recommendation

Displacement has become protracted, leading to frustration, resignation and loss of hope for a comprehensive solution. The following points and suggestion for way

forward. Government have to ensure all internally displaced persons in Myanmar have access to the rights and protections guaranteed by international humanitarian and human rights law, including the right to food, health, housing, water and sanitation. In order to promote effective food utilization and a sanitary living environment, local government should find practical solutions to provide the public infrastructure (in camps), particularly for water provision and waste management. Current infrastructures are not adequate given rapidly expanding displaced population. Government and humanitarian aid agencies should continue to provide funding for direct humanitarian assistance to displaced populations. A gradual shift from dependency toward greater self-reliance should be considered only when these underlying causes have subsided. Providing of (vocational) skills training linked to food aid to economically active IDPs members should be supported in order to widen options on durable solutions such as livelihood incomes. Improved livelihood opportunities will lead to increase and more stable incomes, thereby improving their access to food and lessening their dependence on food aid. It is important that the food security situation of the IDPs are monitored to ensure that the assistance that is provided is relevant and appropriate.

The main indicators to monitor would be those relating to food access, prices, and market availability of essential commodities (rice, oil, vegetables and sugar). To develop clear and consistent policies and legally protection that to be in line with international human rights law for internally displacement persons by both local and central government. Government ensure to give displaced people the legal right to recover their homes, lands and properties. Hence, all IDPs have to aware the new Farmland Law and the Vacant, Fallow and Virgin Lands Management Law and to allow accessing the proper documentation for their rights.

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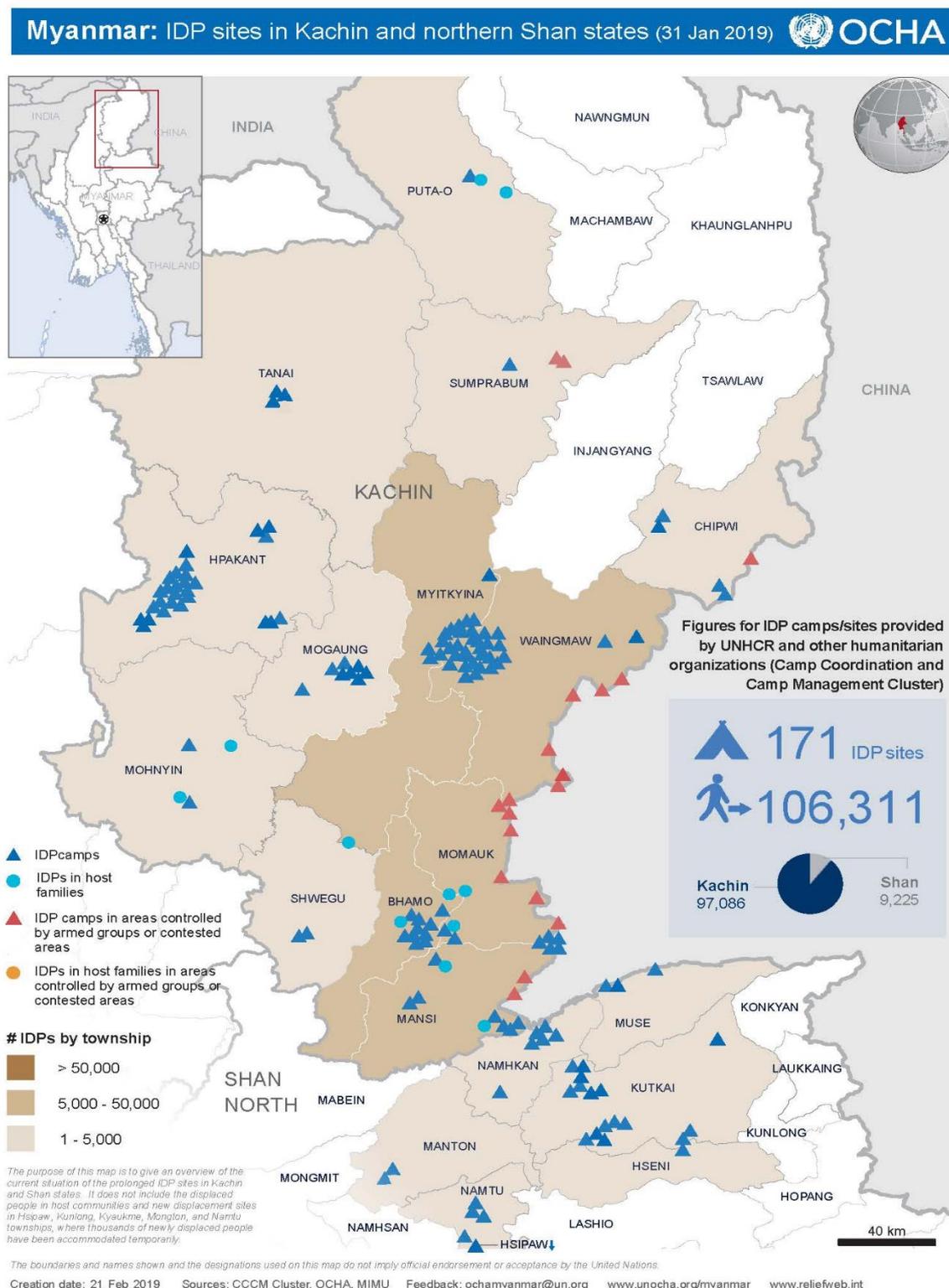
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APPENDIX

Figure (3.1) Myanmar: IDP Sites in Kachin and Northern Shan State



Source: UNOCHA, 2019

Questionnaire for House-Hold Baseline Survey for IDPs

IDENTIFICATION		
1	Interview Date:	____/____/____(dd/mm/yy)
2	Interviewer	
3	Name of the township:	
4	Name of Camp:	
Introduction & Consent		
<p>Hello, my name is _____. I am a Master of Public Administration program candidate from Yangon University of Economics. For this purpose, I am conducting a study on rural energy access and use and would like to include your opinion.</p> <p>Your participation in this study is voluntary and you may end the interview at any point. The interview will take around 20 minutes. Your answers will be kept strictly confidential and all results will be presented as aggregates, rather than individual responses. Your opinion is of great value to us and we thank you in advance for your cooperation.</p>		
A. General Information		
A1.	Name of despondence	_____
A2.	Age	_____
A3.	<i>Gender</i>	1. Male 2. Female
A4.	Education	1. No illitarte 2. Basic Education 3. Middle 4. High 5. Bachelor
A5.	Marital status	1. Single 2. Marrid 3. Widow

		4. Divorce 5. Seperate
A6.	Family Member (inclusive you)	_____
A7.	Children under Five year	1. Male 2. Female
A7(a).	Children (attending school)	1. Male 2. Female
A7(b).	Over 60 years old age (including you)	1. Male 2. Female
A8.	Have you been displaced more than once?	1. Yes 2. No
A9.	If yes, please indicate the number of camps.	_____
A10.	When did you arrive to this camp	_____
A.11	Original permanently	_____
B. Food Security status		
B.1	Do you receive any food support	1. Yes 2. No
B.2	If you answer no.(2) in B1, please indicate the way you received the food for your family	3. Family own money 4. Selling family' 5. Borrow from other/ 6. Other _____
B.3	If you answer no(1) in B1, please indicate donor name	1. _____ 2. _____ 3. _____
B.4	How do you receive your ration?	1. Daily 2. Weekly 3. Twice a week

		<ol style="list-style-type: none"> 4. Once a month 5. Other_____
B.5	If you received food ration for family , please indicate the ration for one person.	<ol style="list-style-type: none"> 1. Rice _____ (Kg / Bag) 2. Oil _____ 3. Salt _____ 4. Bean _____ 5. Meat _____ 6. Cash _____MMK 7. Other Family stuffs
B.6	Who received blended food ration in you family?	<ol style="list-style-type: none"> 1. Under 2 years 2. Pregnant women 3. Lactating mother 4. Over 60 years 5. None
B.7	If your family member received blended food ration, please indicate one-time ration for blended food.	<ol style="list-style-type: none"> 1. U2 (_____) 2. Pregnant Women (_____) 3. Lactating Women (_____) 4. Over 60 (_____) 5. No
B.8	Do you and family member have Non-staple food (light food/ snacks) in a day If yes, please select the answer.	<ol style="list-style-type: none"> 1. Can eat whenever I want to eat 2. Sometime 3. Rarely to eat 4. Cannot afford
B.9	Has there any convenience store near around your camp	<ol style="list-style-type: none"> 1. Yes 2. No
B.10	If there have , how far the shop from your camp?	<ol style="list-style-type: none"> 1. 5 mins walk by 2. 10 mins walk by

		<ol style="list-style-type: none"> 3. 15 mins walk by 4. 20 mins walk by 5. More than 30 mins walky by
B.11	How many time do you and family members have meal in a day	<ol style="list-style-type: none"> 1. One time 2. Two Time 3. Three time 4. Other_____
B.12	How many time do your family have meat in a week?	<ol style="list-style-type: none"> 1. Cannot effort 2. Once in a week 3. Three to five time in a week 4. Over six time in a week 5. In every meal
B.13	The ration you received are enough for your family?	<ol style="list-style-type: none"> 1. Yes 2. No
B.14	If the ration is not enough for your family, what is the way to enough food for your family, (can select more than one answer)	<ol style="list-style-type: none"> 1. Received support from relative 2. Borrow from other family 3. Reduce food portion 4. Skip one meal 5. Sell own property 6. Other_____
B.15	In last 30 days, did (you/you or other adults in your household) ever cut the size of your meals or skip meals because there wasn't enough money for food?	<ol style="list-style-type: none"> 1. No 2. Yes 3. Refused to answer 4. Don't know
B.16	If yes, how often did this happen	<ol style="list-style-type: none"> 1. Daily 2. Three time in a week (at least) 3. Five time in a week (at least)

		4. Refused to answer					
		5. Don't remember					
B.17	In last 12 months, please indicate the most difficulty month for your family food security?	1. _____					
		2. _____					
		3. _____					
C. Family Expenses							
C.1	Please indicate family's expenses 1. Education 2. Family food 3. Family health 4. Cloths and other family expenses 5. Social expenses (for weeding, funeral donation such as ...)	The top three expenses of family _____ _____ _____					
	Monthly family consumption and expenses on food	1. >5000	2. 5001 to 10000	3. 10001 to 15000	4. 15001 to 20000	5. 20001 to 35000	6. < 35001
	Rice						
	Oil						
	Meat/ fish						
	Vegetable						
	Water						
	Wood/ electric bill/ charcoal						
	Indicate your monthly Expenses	1. > 10000	2. 10001 to 30000	3. 30001 to 50000	4. 50001 to 70000	5. 70001 to 90000	6. < 90001

C.2	Education						
C3	Phone bill						
C4	Health						
C5	Clothing and family						
C.6	Beauty						
C.7	Social expenses						
C.8	Transportation						
D. Family Income							
	How many family member are working for family income?	_____					
D.1	Income employment opportunities for family (can select more than one)	<ol style="list-style-type: none"> 1. General/casual/ Daily casual worker 2. Housemaid 3. Shop helper 4. Self-employed 5. Civil servant 6. Private Staff 7. Working a way from current location 8. Agriculture 9. Livestock 10. Others 					
D.2	Finding Jobs for family is easy or hard	<ol style="list-style-type: none"> 1. Easy 2. Hard 					
D.3	Why it is not easy to find work	<ol style="list-style-type: none"> 1. Uneducated 2. Less Job opportunity for IDPs 3. Lack of contact/information on searching job 4. Lack of Skill 5. Language barriers 					

		6. Others
D.4	Please indicate	<ol style="list-style-type: none"> 1. General/casual/ Daily casual worker 2. IDP allowance 3. Assistance from relatives/friends 4. Self-employed 5. Salary 6. Agriculture products 7. Livestock products 8. Others
D.5	Monthly Income (Without IDP allowance)	<ol style="list-style-type: none"> 1. <50000 2. 50001-100000 3. 100001-200000 4. 200001 - 300000 5. 300001 - 400000 6. 400001 - 500000 7. >500001
E. Intention for Return		
E.1	Would you like to return to the area of origin permanently?	<ol style="list-style-type: none"> 1. I will definitely return as soon as I am given the opportunity 2. I will probably return as soon as I am given the opportunity 3. I will NOT return in any case 4. Refuse to answer 5. Don't know
E2.	If you do not want to return, what are the reasons?	<ol style="list-style-type: none"> 1. I have lost everything (home, land) 2. All of my family and friends are here 3. Security situation 4. There are better services (medical, education, etc.) here

		<ol style="list-style-type: none"> 5. Job Scarcity in the villages 6. My health conditions do not allow me 7. I have no emotional relation to my area of origin 8. Refuse to answer 9. Do not know
E.3	What are the main reasons you want to return?	<ol style="list-style-type: none"> 1. I have an emotional commitment to my area of origin 2. My house and property is there 3. Family and relatives are there 4. Social and economic opportunities 5. Others 6. Refuse to answer 7. Do not know
E.4	If you consider returning to the area of origin, which conditions will be important for you? (Select multiple answers)	<ol style="list-style-type: none"> 1. If I return to my house/apartment 2. If I will be provided with a living space in my village/town of origin 3. If my land (before displacement) is returned 4. If I will be provided with land of the same size 5. If I can have an adequate job 6. If I can have a livelihood/income (including allowances) 7. If financial compensation is provided (for lost property) 8. If I have access to quality medical services 9. If children will be able to study

		<p>10. If my neighbors, friends, family also return</p> <p>11. Others</p> <p>12. Do not want to return</p> <p>13. Do not know</p>
Access to Water and Health		
F.1	Do you receive clean water	<p>1. Yes</p> <p>2. No</p>
F2	If not, how did you do to get clean water?	<p>1. Purchase</p> <p>2. Go to water source</p> <p>3. Others</p>
F.3	Do you receive drinking water?	<p>1. Yes</p> <p>2. No</p>
F.4	If not, how did you do to get clean water?	<p>1. Purchase</p> <p>2. Go to water source</p> <p>3. Others</p>
F.5	Do you receive shelter for your family?	<p>1. Yes</p> <p>2. No</p>
F.6	What health problem are you facing last six month	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>